

# INSANITY MAX:30

## "MAX OUT" WORKOUT CALENDAR

FOR THE NEXT TWO MONTHS, FOLLOW THE DAILY WORKOUTS LISTED BELOW. BE SURE TO NOTE THE TIME YOU **MAX OUT** EACH DAY.

IF YOU'VE GOT A BIT OF EXTRA TIME IN YOUR DAY AND WANT TO FOCUS MORE ON YOUR CORE, THEN CHECK OUT THE AIR MAXIMIZER WORKOUT CALENDAR.

MONTH 1							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	CARDIO CHALLENGE Take your "Day 1" pics & stats 	TABATA POWER 	SWEAT INTERVALS* 	TABATA POWER 	FRIDAY FIGHT: ROUND 1 	REST or PULSE (optional) 	REST
<b>WEEK 2</b>	CARDIO CHALLENGE 	TABATA POWER 	SWEAT INTERVALS* 	TABATA POWER 	FRIDAY FIGHT: ROUND 1 	REST or PULSE (optional) 	REST
<b>WEEK 3</b>	CARDIO CHALLENGE 	TABATA STRENGTH 	SWEAT INTERVALS* 	TABATA STRENGTH 	FRIDAY FIGHT: ROUND 1 	REST or PULSE (optional) 	REST
<b>WEEK 4</b>	CARDIO CHALLENGE 	TABATA STRENGTH 	SWEAT INTERVALS* 	TABATA STRENGTH 	FRIDAY FIGHT: ROUND 1 	REST or PULSE (optional) 	REST Take your "Day 30" pics & stats

\*IF YOU HAVE THE SWEAT FEST DVD, YOU CAN USE IT IN PLACE OF SWEAT INTERVALS ANYWHERE IT APPEARS ON THE CALENDAR.

MONTH 2							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	MAX OUT CARDIO 	MAX OUT POWER 	MAX OUT SWEAT 	MAX OUT STRENGTH 	FRIDAY FIGHT: ROUND 2 	REST or PULSE (optional) 	REST
<b>WEEK 2</b>	MAX OUT CARDIO 	MAX OUT POWER 	MAX OUT SWEAT 	MAX OUT STRENGTH 	FRIDAY FIGHT: ROUND 2 	REST or PULSE (optional) 	REST
<b>WEEK 3</b>	MAX OUT CARDIO 	MAX OUT POWER 	MAX OUT SWEAT 	MAX OUT STRENGTH 	FRIDAY FIGHT: ROUND 2 	REST or PULSE (optional) 	REST
<b>WEEK 4</b>	MAX OUT CARDIO 	MAX OUT POWER 	MAX OUT SWEAT 	MAX OUT STRENGTH 	FRIDAY FIGHT: ROUND 2 	REST or PULSE (optional) 	CHALLENGE COMPLETE! Take your "Day 60" pics & stats

# Insanity Workout Quick Start Guide

**Ensheng Dong**



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